WHAT IS CLAIMED IS:

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- 1. A protein sensing molecule that is capable of binding an analyte in a sample, the protein sensing molecule comprising:
- a first detectable quality that changes in a concentration dependent manner when the protein sensing molecule is bound to the analyte; and
- a second detectable quality that does not undergo substantial change when the protein sensing molecule is bound to the analyte.
- 10 2. The protein of claim 1, wherein the first detectable quality comprises a label.
 - 3. The protein of claim 1, wherein the second detectable quality comprises a label.
- 4. The protein of claim 1, wherein the first detectable quality comprises a label, and wherein the second detectable quality comprises a label that is different from the label of the first detectable quality.
- 20 5. The protein of claim 1, wherein the first detectable quality comprises a polarity-sensitive fluorophore label.
 - 6. The protein of claim 1, wherein the first detectable quality comprises at least one of acrylodan and anilino-naphthalene sulfonate.
 - 7. The protein of claim 1, wherein the second detectable quality comprises a fluorophore label.
- 8. The protein of claim 1, wherein the second detectable quality comprises a long-lived metal complex label.

9. The protein of claim 1, wherein the second detectable quality comprises a ruthenium complex label or osmium complex label.

- 10. The protein of claim 1, wherein the second detectable quality is attached at5 the N-terminal of the protein.
 - 11. The protein of claim 1, wherein the second detectable quality is attached at the C-terminal of the protein.
- 10 12. The protein of claim 1, wherein the first detectable quality comprises a polarity-sensitive fluorophore label, and wherein the second detectable quality comprises a long-lived metal complex label.
 - 13. The protein of claim 1, wherein the analyte comprises glutamine.

14. The protein of claim 1, wherein the analyte comprises a naturally occurring sugar, sugar derivative, or sugar analog.

- 15. The protein of claim 1, wherein the analyte comprises at least one of glucose, lactose, galactose, sucrose, and maltose.
 - 16. The protein of claim 1, wherein analyte binding causes the first detectable quality to be shielded.
- 25 17. The protein of claim 1, wherein analyte binding causes the first detectable quality to be unshielded.
 - 18. The protein of claim 1, wherein the protein comprises an analyte-binding site.

19. The protein of claim 1, wherein the protein comprises at least one of modified glutamine-binding protein, modified glucose-binding protein, modified hexokinase, and modified glucokinase.

- 20. The protein of claim 19, wherein the protein is modified by substituting at least one cysteine residue therein.
 - 21. The protein of claim 19, wherein the protein is modified by substituting two cysteine residues therein.

22. A method for characterizing a sample, comprising:

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contacting a protein sensing molecule with the sample, the protein sensing molecule being capable of binding an analyte in the sample, the protein sensing molecule comprising a first detectable quality that changes in a concentration dependent manner when the protein sensing molecule is bound to the analyte, and a second detectable quality that does not undergo substantial change when the protein sensing molecule is bound to the analyte;

measuring the detectable qualities of the protein sensing molecule; and analyzing the detectable qualities to characterize the sample.

- 23. The method of claim 22, wherein the first detectable quality comprises a label.
- 24. The method of claim 22, wherein the second detectable quality comprises a 25 label.
 - 25. The method of claim 22, wherein the first detectable quality comprises a polarity-sensitive fluorophore label.
- 30 26. The method of claim 22, wherein the first detectable quality comprises at least one of acrylodan and anilino-naphthalene sulfonate.

27. The method of claim 22, wherein the second detectable quality comprises a fluorophore label.

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- 29. The method of claim 22, wherein the second detectable quality comprises a ruthenium complex label or osmium complex label.
- 30. The method of claim 22, wherein the second detectable quality is attached at the N-terminal of the protein.
- 31. The method of claim 22, wherein the first detectable quality comprises a polarity-sensitive fluorophore label, and wherein the second detectable quality comprises a long-lived metal complex label.
 - 32. The method of claim 22, wherein the analyte comprises glutamine.
- 20 33. The method of claim 22, wherein the analyte comprises a naturally occurring sugar, sugar derivative, or sugar analog.
 - 34. The method of claim 22, wherein the analyte comprises at least one of glucose, lactose, galactose, sucrose, and maltose.
 - 35. The method of claim 22, wherein the protein comprises an analyte-binding site.
- 36. The method of claim 22, wherein the protein comprises at least one of modified glutamine-binding protein, modified glucose-binding protein, modified hexokinase, and modified glucokinase.

37. The method of claim 22, wherein the measuring and analyzing comprises modulation sensing.

- 5 38. The method of claim 37, wherein the modulation sensing is conducted with a modulation frequency of about 1 MHz to about 10 MHz.
- 39. The method of claim 22, wherein the measuring and analyzing comprises determining the concentration of the analyte, and wherein determining the concentration of the analyte comprises ratiometric sensing.
 - 40. The method of claim 39, wherein the ratiometric sensing comprises dual frequency ratiometric sensing.
- 15 41. The method of claim 22, further comprising diluting the sample prior to contacting the protein sensing molecule with the sample.

42. A sensor, comprising:

- a protein sensing molecule that is capable of binding an analyte in a sample, the protein sensing molecule comprising a first detectable quality that changes in a concentration dependent manner when the protein sensing molecule is bound to the analyte, and a second detectable quality that does not undergo substantial change when the protein sensing molecule is bound to the analyte;
 - a radiation source for irradiating a sample; and
- a detector that detects changes in the detectable quality of the first detectable quality and the second detectable quality.
 - 43. The sensor of claim 42, wherein the first detectable quality comprises a label, and wherein the second detectable quality comprises a label.